

## Roasted Salmon

Servings: 2

Slightly adapted from <http://zestycook.com/healthy-roasted-salmon-salad/>

### Ingredients

2 6 oz salmon fillets

Salt and Pepper

### Preparation

- 1) Preheat oven to 400 degrees. Line a baking sheet with aluminum foil.
- 2) Add the salmon, season with salt and pepper, and cook for about 6-8 minutes (depending on thickness).

## Strawberry Salad

Servings: 2

Adapted from

<http://www.myrecipes.com/recipe/summer-berry-salad-50400000122343/>

### Ingredients

1/8 cup chopped pecans

1/2 tablespoon lime zest

1/8 cup fresh lime juice

1/4 cup extra-virgin olive oil

1/2 tablespoon honey

1/8 cup chopped fresh basil

Salt

Pepper

4 cups baby spinach

1 cup fresh strawberries, hulled, thinly sliced

1/2 cup crumbled feta cheese

### Preparation

- 1) Place pecans in a small skillet over medium-low heat. Cook, shaking skillet constantly, until pecans are light golden and fragrant, about 3 minutes. Immediately transfer to a bowl to cool for 5 minutes.
- 2) Place lime zest and juice, olive oil, honey and basil in a blender or food processor and puree until smooth. Season with salt and pepper.
- 3) Place spinach and strawberries in a large bowl. Add dressing and gently toss to coat. Top with feta cheese and pecans and serve immediately.